

JOMO MENU

Pick one daily

Mind

- Journal.....5 to 10 mins
- Meditate.....5 to 20 mins
- Take deep breaths.1 to 5 mins
- Read.....15 to 30 mins

Body

- Walk.....10 mins
- Yoga.....10 to 20 mins
- Stretch.....5 to 10 mins
- Dance.....5 to 10 mins
- Any movement...5 to 10 mins

Soul

- Cook/ eat something that makes you happy.
- Moisturise your skin.
- Listen to a song you love.
- Light a candle and watch it for a minute.
- Sit and drink a glass of water

Everyday

Take some time to clear the clutter around you.

Pick two weekly

Nature

- Go for a walk/ run/ photography

Use your hands

- Cook or make some form of art (doesn't have to be perfect).

Self

- Indulge in self-care like using a face mask, at home mani/pedi, scrubbing, self-massage.

Pick one weekly

- Take yourself on a date.
- Call or message a friend.
- Take one hour or more extended break from social media.
- Treat yourself to a massage.